

YOUR FAT LOSS QUICK-START: LOSE 7 POUNDS IN 7 DAYS!



ROBERT KENNEDY'S

# MAXIMUM FITNESS

DEDICATED TO THE SURVIVAL OF THE FITTEST

FOR MEN

## Your 28-Day Flat-Belly Plan

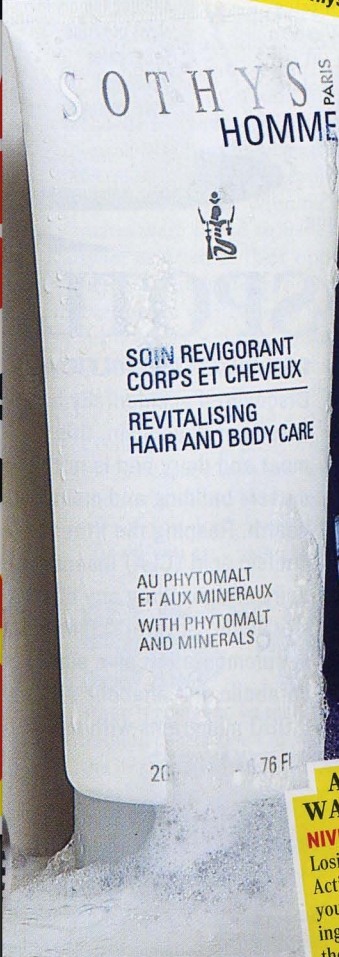
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### CLEAN UP

Toss the soap bars and clean your body with a product that'll get the job done without damaging your skin, but leaving you feeling great. Here are three MaxFit picks that'll keep your body clean and smell good.

**CLEANS HAIR AND BODY**  
**SO THYS HOMME REVITALISING HAIR AND BODY CARE**  
This high quality product cleans your hair and body thoroughly. And using one product instead of two saves time and takes up less space in your shower.  
Price: \$27.00  
[www.sothys.com](http://www.sothys.com)

**GREAT SCENTED BODY WASH**  
**AXE RISE SHOWER GEL**  
With its hint of lime aroma, nearly neon Himalayan mineral extracts and micro-beads to help exfoliate your skin, this fresh-smelling body scrub is a great pick.  
Price: \$3.99  
[www.theaxeeffect.com](http://www.theaxeeffect.com)



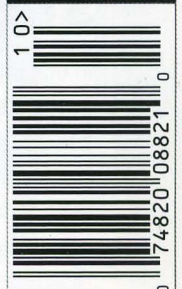
**A 3-IN-1 SHAMPOO, BODY WASH AND SHAVING GEL**  
**NIVEA FOR MEN ACTIVE3 SHOWER GEL**  
Losing hair concerns most MaxFit guys. But Nivea's Active3 takes some of that worry away by keeping your skin and hair clean and healthy with its fortifying formula. Bonus: You can shave your face with these suds, too.  
Price: \$5.99  
[www.nivea.com](http://www.nivea.com)

**POWER UP YOUR DIET**  
**10 EASY ENERGY BUILDING MEALS FOR YOU TO TRY**

**MaxFit Guy**  
**Kellen Winslow Jr.**  
BUCS' TIGHT END

**STRIP AWAY YOUR STRESS**

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